



# Northwood-Kensett Community School District VIKING DISPATCH

February 2019

Creating healthy, educated, ethical and productive citizens.

## In This Issue:

From the Desk of Mr. Crozier	1
From the Desk of Mr. Crozier	2
From the Desk of Mr. Costello	3
Pillar of the Month Students	4
From the Desk of Mr. Fritz	5
News from the Classroom	6
Athletic Director News	7
Music Department News	8
Jr. Sr. Counselors' Corner	9
Elem. Counselors' Corner	10
TAG "Talented & Gifted"	11
Nurse's Corner	12

PO BOX 289

1200 1st Ave N.

Northwood, IA 50459

(641) 324-1127 (Elementary)

(641) 324-2021 (Superintendent)

(641) 324-2142 (High School)

### Administration

Michael R. Crozier, Superintendent

Brian Costello, Elementary Principal

Keith Fritz, Secondary Principal

### School Board Members

Larry Hovey

Susan Kliment

Cindy Pangburn

Roger Harris

John Anderson

## FROM THE DESK OF MR. CROZIER

More than 100 superintendents representing school districts across the state of Iowa combined forces in Des Moines earlier this week to rally for legislative support for education.

“This event provides an important opportunity for school leaders to have productive conversations with our elected officials about the local impact of diminished funding and what's needed to maintain quality programming for all of Iowa's students,” shared Dr. Tom Lane, Executive Director of Iowa’s Area Education Agencies (AEAs). The AEA system coordinated the event at the Capitol. “Our district and AEA leadership understand our responsibility to speak on behalf of all the students and families that we serve,” he added.

Representatives from every AEA and about 100 school districts across the state spoke with legislators about the demands of public education. Some districts talked about the extension of the Secure an Advanced Vision for Education (SAVE) tax, while others asked for additional state policy that provides resources for school districts to use to address the complex issues of student suicide and other serious mental health-related issues. Unilaterally, the districts requested an increase in State Supplemental Aid (SSA) that provides adequate resources for students and teachers, is timely and equitable, and considers overall state revenue growth.

“Nearly every school leader we talk to shares the struggles that teachers are having with the mental health needs of their students,” added Lane. “Iowa’s AEAs are uniquely positioned to help districts with this need, and we are encouraged by conversations with our legislators and school districts to develop solutions for both urban and rural districts.”

Additionally, school leaders discussed the need for legislation to address the inequities of transportation costs for school districts with higher than average costs. Passage of the SAVE extension talk was very positive from the legislators we talked to

**REMINDER: NO SCHOOL MONDAY, FEBRUARY 11<sup>th</sup>**

**FROM THE DESK OF MR. MICHAEL CROZIER, SUPERINTENDENT OF SCHOOLS**

**Worth County Development Funds Allotted for 2019**

The Worth County Development Authority (WCDA) has notified the district that we will be receiving a total of \$483,190.06.

Worth County Development Authority			
Northwood-Kensett Total Funds	\$ 483,190.06		
<b>0.29</b>	<b>0.24</b>	<b>0.19</b>	<b>0.14</b>
Physical Plant Operations Maintenance Expansion, Green Energy	Staff Development, Equipment, Technology, Text Books, Library Books Support Staff & Instructional Support	Organization Requests, Fees & Fundraising	Teacher Budget
<b>\$162,936.18</b>	<b>\$134,843.74</b>	<b>\$106,751.29</b>	<b>\$78,658.85</b>

It is important that everyone understand that these categories are pre-determined as shown above. The Board of Education will approve these allocations at the February meeting and then they go to the WCDA Board for approval. The WCDA plans to distribute moneys to the districts on July 1, 2019.

The Board of Education, Administration, and Staff are greatly appreciative of the WCDA for their commitment and dedication.

Have a great February!

**OPEN ENROLLMENT NOTIFICATION**

Districts are required to notify patrons of open enrollment application deadlines and the possibility of transportation assistance. For the 2019-2020 school year, the deadline for filing an open enrollment application for students in grades 1-12 is March 1, 2019. The deadline for students entering kindergarten is September 1, 2019. Parents/guardians of open enrollment students whose income falls below 160% of the federal poverty guidelines are eligible for transportation assistance. This may be in the form of actual transportation or in the form of a cash stipend.

## FROM THE DESK OF MR. COSTELLO

As we enter our assessment season (we seem to hit a lot of our assessments in late winter), I thought it would be beneficial for you to see the types of assessments we take at the elementary and give a brief explanation of the purpose of taking them. Below is a table that I hope will help achieve this goal.

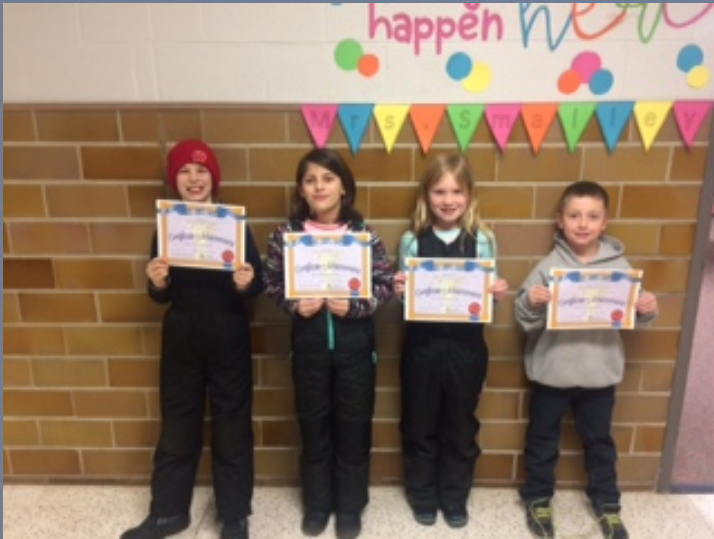
Type of Assessment	Name of Assessment	Frequency of Assessment	Purpose
Screening Assessment	FAST aReading	3 Times per year	To learn each student's current reading skills and determine which students need additional reading instruction.
Screening and Progress Monitoring	FAST early reading	Weekly	To determine which students need extra reading instruction and then track reading improvements for K-1 students receiving extra reading instruction
Progress Monitoring	FAST CBMreading	Weekly	To track reading improvements for those students receiving extra reading instruction.
Screening	FAST aMath	3 Times per year	To learn each students current math skills.
State Assessment	Iowa Statewide Assessment of Student Progress (ISASP)	Once per year	To document general academic performance of students in grades 3-11.

These are the general "District" assessments for our elementary building. In addition to the ones listed above, classroom teachers have additional grade-level assessments they utilize. These classroom assessments are more aligned to the day-to-day instruction that is occurring in the classroom. The collective results of all these assessments should give you a good picture of how your student is doing.

If you have any questions about these assessments, please check with your child's classroom teacher.

## Elementary Pillar of the Month Photos

### Grades 3 & 4



January third and fourth grade Pillar of the Month students chosen by their teacher for exhibiting quality character traits.

Ethan Franck - Ms. Seehusen  
Jade Fierova - Mr. Einertson  
Quinn Schroeder - Mrs. Hill  
Raymond Thompson - Mrs. Ubben

If you see these students out and about, please take a moment to congratulate them for a job well done.

January fifth and sixth grade Pillar of the Month students chosen by their teachers for exhibiting quality character traits.

Soraya Moran - Ms. Hagen  
Camryn Rheingans - Mr. Severson  
Kolton Robinson - Mr. Parks  
Logan Espinosa - Ms. Orvedal

If you see these students out and about, please take a moment to congratulate them for a job well done.

### Grades 5 & 6



## FROM THE DESK OF MR. FRITZ

**Students Helping Students with New “Rapid Report” App**

How safe are our schools? With frightening news reports of violence in schools, it’s natural to wish for the good ol’ days when we went to school with no fear whatsoever for our physical safety.

Truth is, schools are the safest places your child can be. According to the National Center for Education Statistics, “Between 1992–93 and 2014–15, the percentage of youth homicides occurring at school remained at less than 3 percent of the total number of youth homicides....” Some quick math reveals, then, that this means more than 97% of all youth homicides *don’t* happen at school.

The NCES also examined statistics on fighting and other forms of violence at schools, and concluded that, “The percentage of students in grades 9–12 who reported being in a physical fight anywhere decreased between 1993 and 2015 (from 42 to 23 percent), and the percentage who reported being in a physical fight on school property also decreased during this period (from 16 to 8 percent).”

So, schools are getting safer, not more violent. And we need to keep it that way.

One way to maintain our schools’ safety leverages technology and student creativity, helping students help each other. Students from three Mitchell County schools, along with Mitchell County Law Enforcement, presented to the N-K student council an app they developed called “IA Rapid Report.”

This app allows students to anonymously report threats of violence of which they are aware, but adults are not. In essence, a student can send to law enforcement and school administration a screenshot of something troubling they’ve seen on Snapchat, Instagram, or any other digital platform, along with other relevant information like the location, names of those involved, and the type of concern for student safety (e.g. bombs, weapons, arson).

This message goes immediately to the secondary principal and all law enforcement officers in the county via e-mail. The officer on duty at that time determines the best immediate course of action based on the information in the student report. The student making the report can remain anonymous, while providing adults who are empowered to help the information they need to prevent something terrible from happening.

Our children are very, very safe in our schools, and we believe that this particular component of our school safety program (which includes restricted access to the buildings, window coverings, additional lighting, security cameras in both buildings, among others) opens a communication channel between students and adults that did not exist before.

And in a safe school environment, students and educators are free to focus on teaching and learning.

It is the policy of the Northwood-Kensett Community School District not to illegally discriminate on the basis of race, color, national origin, gender, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact Keith Fritz Secondary Principal, 704 7<sup>th</sup> St. N., Northwood, IA 50459, Phone 641-324-2021 x101, kfritz@nkvikings.com who has been designated as the district’s Equity Coordinator and to coordinate the school district’s efforts to comply with the regulations implementing Title VI, Title VII, Title IX, the American with Disabilities Act (ADA), Section 504, and Iowa Code Section 280.3. For issues with Section 504 Contact Brian Costello Elementary Principal, 504 Coordinator, 1200 First Avenue North, Northwood, IA 50459, Phone 641-324-2021 x201, bcostello@nkvikings.com

## News from the Classroom!

## Fourth Grade Fraction Frenzy

Mr. Troy Einertson & Ms. Shannon Seehusen

By : Alyssa Moeller

In our fourth-grade room we did a fraction escape room. We were split up into six groups. Our groups worked together to solve the stations. When we worked together we got the job done quicker. The nice thing was if there was something that you didn't understand you could ask your teammates for help. We had a lot of fun doing it.

At times it got a little frustrating, but it helped us improve our math skills. At each station there was a code that we got by solving the problems, and when we had gone through all the stations you had to see if you could open the box. The codes unlocked five different locks. Once all locks were open, you got a prize for opening the box and working together.

Our groups had fun working together and solving the puzzle. We had fun trying to race the other groups to get done. It was a really fun thing to do we hope that we can do it again sometime.

---

## DRIVERS ED SIGN-UP

N-K Jr/Sr high school students:

Are you interested in taking drivers ed this spring?  
Stop in the high school office and sign up.

**Deadline Feb. 22<sup>nd</sup>.**

**Cost of class = \$310/student.**



---

## Character Counts Breakfast Jr. Sr. H.S.

Students are named by teachers as they portray the character trait that is spotlighted for the month. The January character spotlight will be "Fairness".

The Character Counts students of the month for November were: Kael Julseth, Isaiah Heeren, Brandon Varner, Julian Luther, Ethan Thofson, Hunter Moeller, Logan Mix, Angel Martin, Riley Treslan, Peyton Pangburn, Marisa Halbach, Jace Gentz, Chloe Costello, Mason Thofson, Kayde Weber, Lindsey Davidson, Ella Leonard, Abner Girouard, Lamonte Sims, Josie Einertson, Damaris Peterson, Sydney Welch, Josiah Bass and Jasmine Renteria. Congratulations to all of these fine students!



## From the Pile off Mr. Hartman's Desk

Over the years you have heard me thank all the people that help out at our many activities here at Northwood-Kensett but there is a group of people that I have not mentioned. That is the different organizations that run our concession stand during our sporting events. I know that you are saying to yourself, "Why is he thanking them? They are there fundraising and making money for their group." That is true, they are there to raise money for different student activities but can you imagine going to a game and not having your walking taco, or bag of popcorn or your hotdog? A lot of parents come straight from work and purchase their supper from the concession on game nights and many of our players grab a snack before or after their games.

If you are one of those people that have run the concession stands, you know it's a lot of work but others may not know what you go through. They may not know that you must organize your helpers, order the food, pop, candy bars etc; make sure there is pop, water, Gatorade in the coolers the night before and then prep the food so it is ready to go on game nights. And it does not get any easier after the contest is over. You must then clean up the concession stands, restock the coolers and clean up the bleachers and the grounds. On top of that, you have an AD that is asking you for a water for the trainer or other helpers. Asking if there is any food left over that he can give to the officials. Or if you help with the track concessions that same AD is asking you to help feed the small army that it takes to run a track meet.

Not only do these people need to be thanked for helping out at athletic contests but the fact that they are there to raise money to help our students with post prom, or a Spanish trip, a trip to New York or our athletic teams.

Thanks, you do a great job.

## READING WEEK: FEBRUARY 25-MARCH 1 by Mrs. Elaine Hansen, Title 1 Reading

Theodor Seuss Geisel: DATE OF BIRTH, March 2, 1904. Popularly known as the author, Dr. Seuss, this is a birthday we celebrate with fun activities for students throughout the month of March at NK.

Some very talented readers are ready to persuade you into choosing their book to read! Reading Week is set for Feb. 25 -March 1, 2019. During this week, we will watch the imovie that will debut some of our elementary students discussing their favorite book. It is called "Book Talking". Book talks are a fabulous effective way to spread the love of reading. If you hear or see someone with a good book, you will most likely want to read it. That is our goal at Northwood-Kensett! We want to spread the love of reading through persuasion! A huge shout out to Chase Boyden and teacher, Anne Flathman for editing the imovie for our presentation. Our assembly with the movie will be on March 1. Students who performed a book talk will receive a coupon for a free book of their choice. We will have additional drawings for free books at the assembly. In addition to this week, we will have some community and high school readers come to the building to read to various classrooms. Green Eggs and Ham will be served to students at breakfast on March 1 to celebrate one of our favorite authors, Dr. Seuss. Students will vote for their favorite Dr. Seuss book. The NK favorite Dr. Seuss book will be announced at the assembly. Come check out the classroom doors and hallway as there will be a lot to see to show our excitement of reading. Our librarian, Mrs. Katcher, has a huge bag of activities and treats for the younger readers again this year as they finish each Dr. Seuss book! Reading is a lifetime joy. Getting together this week to celebrate and remember how lucky we are to have so many books to love is one of the many reasons NK is the BEST place to grow as a reader!

## Exciting news from the Music Department: By Mrs. Nikkole Koenig

This past summer I attended a class at UNI called The RockShop Modern Band Workshop. As part of the class, I learned more about playing and teaching guitar, ukelele, bass guitar, drum set, and keyboards. The class materials were provided by LittleKidsRock.org which is a non-profit organization that trains teachers and provides resources to get more kids involved with performing music.

At the end of the class, a drawing was held for 'store credits' from the Little Kids Rock instrument supply. I was a winner, and therefore was able to order 6 electric keyboards, 10 ukeleles, 3 acoustic guitars, and 1 bass guitar with amp for our music department.

All of the instruments have arrived and the students are excited to learn more about playing them.





## Counselors' Corner, Mrs. Amy Hansen

It seems that extra-curricular activities have come up a lot in my line of work recently: Mr. Fritz is planning to talk about activity plaques with Seniors in English 12, we just got done writing Senior Résumés as a part of the local scholarship application, and NHS forms— which asked for students' involvements in and outside of school— were due this week. Because of this, I've been reminded of the frustrations that come with not having a whole lot to show for a student's high school career.

For most honors that students aspire to, be it National Honor Society, scholarships, or entrance into the college of their choice, extra curricular activities are an important piece of that puzzle. We are fortunate here at Northwood-Kensett that the majority of our students are generally involved in at least one activity in the community or school that they are committed to. However, there are a few things to consider in regard to extra-curricular activities to consider, whether you are a 7th grader, 12th grade student, or an N-K parent:

- Junior High students can get involved now, through sports, Viking Way, FCCLA, Music, 4-H and other activities that are available to 7th & 8th grade students. Developing talents and interests in middle school can help a student go further in their high school pursuits.
- Many applications will ask about community service experience. Because middle & high schoolers are in training to become productive community members, service activities should be a regular part of their lives beyond Community Connection Day.
- A student who wishes to earn scholarships and awards should be prepared to explain how they productively spent their time after school in their high school years. Whether it was one passion that consumed the majority of their time, a part-time job, or sports in most or all seasons, it will be apparent in an ideal application that the student had little idle time and maximized the opportunities available to them.
- Don't give up everything at the end. A significant population will start strong and gradually become less and less involved. This doesn't read well on applications of any kind. That said, it doesn't do a lot of good to stay in an activity that isn't of interest or beneficial to you.
- Northwood-Kensett has a lot of opportunities for students for a school of this size. However, if your interests don't line up with what's readily available, that means you might have to dig a little deeper. Students have created their own groups, gotten involved in activities outside of the N-K community, attended special summer programs, or have gotten involved independently with the support of a Personalized Learning Network via the Internet. We live in the age of information, and that enables everybody to pursue their interests like never before.

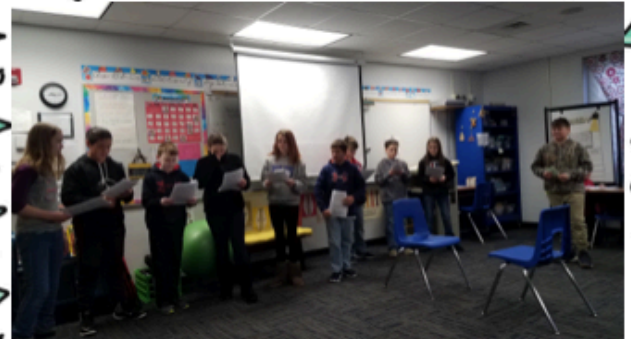
## Counselors' Corner, Mrs. Ashley Williams

Throughout January, we have focused on the Fairness and Caring pillars of character at the Elementary. Our 6th grade classes lead our monthly assembly in small group form, focusing on how we can practice being fair. This assembly included watching skits performed by 6th grade groups.

In Guidance, we have also been learning about manners, self-esteem, communication and conflict resolution. We are discussing how important communication is when you are in a conflict with someone, and how it is helpful to listen to the other person's point of view. We also discussed how to come up with solutions to resolve a conflict.

6th Grade is beginning to work on career exploration. We will start this project by the students brainstorming what jobs they find most interesting right now. We are taking an interest inventory which asks students what things they liked to do and provides them with a list of careers that match their interests. Moving forward, we will begin looking at more career opportunities, and students will be able to do research about the career they find most interesting. The career projects will be on display at the 6th Grade Showcase on April 25.

We will be kicking off this year's community service project benefiting the University of Iowa Children's Hospital on Feb 6. We are doing a coin collection challenge. Our goal is \$1,500. We will have fun school-wide celebrations as we move towards reaching this goal!



## News from the classroom – TAG Mrs. Jordan Smalley

Dalton Logeman, an eighth grade student at Northwood-Kensett, won the school competition of the National Geographic Bee on January 25th, and a chance at a \$50,000 college scholarship. The school Bee, at which students answered questions on geography, was the first round in the 31st annual National Geographic Bee, a geography competition designed to inspire and reward students' curiosity about the world. Thousands of schools around the United States and in the five U.S. territories are participating in the 2019 National Geographic Bee. The school champions, including Dalton, will take a qualifying test; up to 100 of the top scorers on that test in each state will then be eligible to compete in their state Bee on March 29, 2019.

This year marks the 31st anniversary of the National Geographic Bee. The National Geographic Society developed the National Geographic Bee in 1989 in response to concern about the lack of geographic knowledge among young people in the United States. Over three decades, 1,583 state champions have traveled to D.C. to participate in the finals and more than \$1.5 million in college scholarship money has been awarded to winners of the competition by the National Geographic Society.

Congratulations to Dalton Logeman (center) who was the first place finisher, Julian Luther (right) who came in second, and Josh Stevens (left) who was the third place finisher.





## Nurse's Corner by Heather Rheingans, RN

There is a hidden danger lurking amidst our youngsters and it's a threat to almost all of our students here at NK, as well as across the nation, and it's usually overlooked until it's too late. This danger is one that we as parents fail to notice on a daily basis, and in doing so could cause long-term damage to our kids. Backpacks are a seemingly harmless and practical item that a lot of kids are utilizing on an almost hourly basis, however, incorrect usage has proved to have dangerous results.

Typically, the muscles close to the center of the body are stronger and have greater endurance than those further away from the center. But, a backpack used improperly can be dangerous to young joints and muscles that are still growing. When a backpack is slung over 1 shoulder, weight is uneven causing the wearer to lean to 1 side to compensate. Over time, this can cause lower and upper back pain, strained shoulders and neck, and even scoliosis or abnormal curvature of the spine. Teenage girls are especially susceptible to scoliosis. Narrow straps can dig into a child's shoulder causing nerve and circulation issues.

According to the American Academy of Pediatrics, a child's backpack shouldn't weigh more than 10 to 20% of their weight, but often this limit is far exceeded. For example, a 75-pound child should carry no more than 15 pounds. Even when worn properly with both straps, leaning forward to compensate for this extra weight can affect the natural curve in the lumbar, or lower back region and it could certainly lead to strain and even injury or herniation in various areas of the body.

Clearly there are a handful of risks involved with bearing the brunt of a backpack that's just too heavy for a kid to handle, yet a 2002 study out of Texas found that most parents (about 96 percent) don't inspect the weight of their kid's backpacks. I myself was in this percentage until recently when I started doing research for this topic and have since had a conversation with my pre-teen daughter about managing the amount of things in her backpack. Her biggest reason for feeling the need to carry all the weight is that she didn't feel like she had enough time to get from class to class. We finally were able to eliminate a few items from her backpack after having a lengthy discussion; but we are still far from the recommended limits. Work in progress!

Additional guidelines for using backpacks:

- Make frequent stops at the locker to avoid carrying all books at once.
- Leave non-essential items at home.
- Let someone know you have pain before a problem becomes serious.

### Is Your Child's Backpack Making The Grade?

